

## 9th & 10th Grade Physical Education Syllabus

*Mr. Schultz*

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### Course Description:

In this semester course students will be assessed on their ability to understand and participate in physical activities that develop motor skills and physical fitness. This will be accomplished through instruction in the a variety of individual and team sports and fitness activities. Units may be added or omitted due to weather and availability. Safety concepts, rules, and etiquette are emphasized in all activities.

### Standards:

Lanesboro Public School's physical education standards are the same as the national standards, as outlined by the National Association for Sport and Physical Education. They are:

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### Dress:

- T-Shirt and Shorts.
- Socks and tennis shoes that tie.
- Sweatshirt/sweatpants for outside activities.
- NO jewelry, watches, etc.
- NO sleeveless, or strap type shirts allowed. T-shirts with sleeves only.

### Participation & Make-Ups:

Students are expected to participate to the best of their ability in PE. If a student is absent from class for any reason, the student can make up that time in the weight-room before or after school using the attached form and their own Fitness Plan developed in class.

### Safety:

Safety is of utmost importance in physical education.

- Students are expected to sit in their squads upon entering the gym.
- Report any injuries to the teacher immediately.
- No jewelry.
- No gum – choking hazard.
- Have sneakers that tie and stay on your feet.

### Grading:

Students can earn a total of 10 points per day. If a student is dressed, participating, and has a positive attitude/good sportsmanship, they will easily earn all of their points. Points are deducted for not dressing properly, lack of participation, poor attitude/sportsmanship, or lack of effort (points deducted varies). Some units may include an assessment in addition to daily points. A small percentage of the semester grade will be based on fitness test scores.

***\*For privacy issues, a zero-tolerance policy will be adhered to when it comes to recording devices in the locker room. This would include smart-phones. The device will be taken from the student and dealt with administration if deemed necessary.***

Please return the signed copy of this syllabus by February 1st.

I have read and I understand this syllabus.

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*Student Signature*

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*Parent Signature*

### Daily Schedule

Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday
1	1/24	N/A	Syllabus	Weightroom	Basketball	Basketball
2	1/30	Basketball	Basketball	Weightroom	Basketball	Basketball
3	2/6	Volleyball	Volleyball	Weightroom	Volleyball	Volleyball
4	2/13	Fitness Wk	Fitness Wk	Fitness Wk	Fitness Wk	Choice
5	2/20	No School	Floor Hockey	Weightroom	Floor Hockey	Floor Hockey
6	2/27	Floor Hockey	Floor Hockey	Weightroom	Floor Hockey	Floor Hockey
7	3/6	Badminton	Badminton	Weightroom	Badminton	Badminton
8	3/13	Team Hndbll	Team Hndbll	Weightroom	Team Hndbll	Team Hndbll
9	3/20	Whif Ball WS	Whif Ball WS	Whif Ball WS	Whif Ball WS	No School
10	3/27	Fitness Wk	Fitness Wk	Fitness Wk	Fitness Wk	Choice
11	4/3	Soccer	Soccer	Soccer	Soccer	Soccer
12	4/10	Soccer	Soccer	Soccer	Soccer	Soccer
13	4/17	No School	Ult Football	Ult Football	Ult Football	Ult Football
14	4/24	Ult Frisbee	Ult Frisbee	Ult Frisbee	Ult Frisbee	Ult Frisbee
15	5/1	Fitness Wk	Fitness Wk	Fitness Wk	Fitness Wk	Outdoor DB
16	5/8	Disc & Ten	Disc & Ten	Disc & Ten	Disc & Ten	Disc & Ten
17	5/15	Disc & Ten	Disc & Ten	Disc & Ten	Disc & Ten	Disc & Ten
18	5/22	Kickball WS	Kickball WS	Kickball WS	Kickball WS	Kickball WS
19	5/29	No School	Open	Open	Open	

Physical Education Make-Up Form

Class Date Missed \_\_\_\_\_ Date Made Up \_\_\_\_\_

Signature of Weightroom Supervisor

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Class Date Missed \_\_\_\_\_ Date Made Up \_\_\_\_\_

Signature of Weightroom Supervisor

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\_\_\_\_\_

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Signature of Weightroom Supervisor

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